



The Science of Nutrition & Weight Loss for Health Professionals

PHN EDUCATION SESSIONS

The prevalence of obesity in Australia has more than doubled in the past 20 years. Overweight and obesity have serious negative health consequences, and the effects of overweight and obesity are a leading health concern in Australia. In the HNECC PHN region, the prevalence of overweight and obesity is 34.2 and 33.7 in 100 adults respectively. A healthy diet contributes significantly to healthy weight, quality of life and wellbeing, and can protect against chronic disease and premature death.

Livestream Session 1: THE SCIENCE OF WEIGHT LOSS

Tuesday 2nd February 2021, 6.30 pm – 7.30 pm

As a health professional supporting patients in weight management, this livestream webinar will dispel common myths about weight loss and teach you the science behind healthy eating for a healthy weight.

Learning objectives:

- Understand key weight management concepts including energy density and portion control
- Understand the pros and cons of various dietary assessment methods
- Understand how to identify features of a fad diet

Livestream Session 2: NUTRITION COMMUNICATION FOR HEALTH PROFESSIONALS

Tuesday 9th March 2021, 6.30 pm – 7.30 pm

This livestream webinar will equip you with the information and skills you need to effectively convey evidence-based brief nutrition messages to your patients.

Learning objectives:

- Understand the hierarchy of nutrition messages in the management of Type 2 Diabetes and Cardiovascular Disease
- Understand how to start a healthy conversation about weight management
- Understand behaviour change techniques for weight management

- WHO:** The livestream webinars are intended for GPs, Nurses, Allied Health Practitioners. Practice Managers also welcome to attend.
- WHERE:** Online via **Livestream**
- RSVP:** Please **click here** to register for Session 1 (Tuesday 2nd February 2021)
Please **click here** to register for Session 2 (Tuesday 9th March 2021)
- Note:** Slido will be used for questions and evaluation, please go to [slido.com](https://www.slido.com):
For Session 1 enter event code: **#NWL1**
For Session 2 enter event code: **#NWL2**

SPEAKER: Laureate Professor Clare Collins

Laureate Professor Clare Collins is the Director of Research for the School of Health Sciences at the University of Newcastle. She is also Deputy Director of the Priority Research Centre for Physical Activity and Nutrition and leads the largest group of Accredited Practising Dietitian (APD) researchers, internationally. Laureate Professor Collins has published over 450 peer-reviewed journal articles. As a highly experienced science communicator, Laureate Professor Collins has worked proactively with major television, print and radio networks to deliver practical nutrition messages.



SPEAKER: Dr Rebecca Haslam

Dr Rebecca Haslam is an Early Career Postdoctoral Nutrition researcher within the Priority Research Centre for Physical Activity and Nutrition at the University of Newcastle and is also an Accredited Practising Dietitian. Her research interests lay within the area of nutritional management of chronic disease. She has published 30 peer-reviewed journal articles, and was awarded the Dr Dave Roberts Award in Food and Nutritional Science in 2016.

